

News



December 2011

News and Information

Wishing you all a very happy Christmas and a prosperous 2012!



Wellness Works

Promoting well-being in the workplace



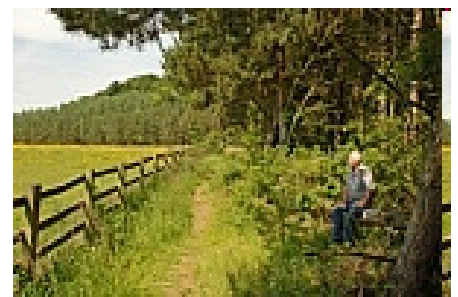
Most folks are about as happy as they make up their minds to be.

Abraham Lincoln

Winter Walks!

Festival walks are the perfect way to get out into the fresh air in-between the excesses of the festive season, to meet new people and enjoy stretching your legs. Walks range from family-friendly 4-mile mince pie strolls, to 14-mile hikes in the hills.

<http://www.ramblers.org.uk/winterwalks/>



www.wellness-works.co.uk



News



December 2011

News and Information



Wellness Works

Promoting well-being
in the workplace

Public Health 'Essential Health Chat' Training

This 2 - 2½ hour training course will equip you or a member of your team to confidently raise lifestyle issues with employees, briefly assess their readiness to change and signpost them to support services using the 2 minute 'health chat'.



To find out more about Health Chat Training contact: **Vicki Moulston** in the Public Health Team on:
01905 733153

Worcestershire Works Well

A number of local employers have already signed up to Worcestershire Works Well and are using their free toolkit.

The panel will meet monthly starting in January to approve certification

It is quick and easy to do – just log onto the website

www.worcestershiroworkswell.co.uk



Tip of the month – The festive season is just the moment to take time out to connect with the people around you.

www.wellness-works.co.uk



News



December 2011



Wellness Works

Promoting well-being
in the workplace

Training and Support for 2012

Wellness Works - The Effective Management Series

This series of eight modules is therefore aimed at both new and experienced managers who wish to gain clear guidance about how to deal with employment issues, from a legislative perspective, and just as importantly, from an interpersonal skills perspective.

These ½ day workshops cover:

- Managing Change
- Absence Management
- Bullying & Harassment
- Dignity & Discrimination
- Performance Management
- Disciplinary
- Grievances
- Conflict

**For more information and to
book your place please contact
Amanda at Wellness Works on
01684 312754.**

Mental Health First Aid



19th & 26th January

The HOPE Centre, Bromyard

This popular 2 day course is supported by Awards for All Lottery funding and is priced at **only £10.**

Places are limited. Please contact Amanda Wright amandaw@comfirst.org.uk for details

Training and support for staff

MoodMaster Courses:

**The Tolly Centre
Rowan Avenue
Worcester**

Friday mornings 9.30am – 10.30am

www.wellness-works.co.uk



HAPPY NEW YEAR!

Get the New Year off to a good start for you or your staff by coming along to the following FREE workshops....

JOIN US FOR A NEW YEAR

**INTRODUCTION TO
WELLBEING AND
RELAXATION
TECHNIQUES**

FREE EVENT

**Bishops Frome Village Hall
19th January 2012
9.30am - 12.30pm**

**Discover the secrets of basic massage, relaxation,
breathing & tension releasing techniques**

**... and benefit from increased energy, good humour
and effectiveness in everything you do**

Light refreshments will be available

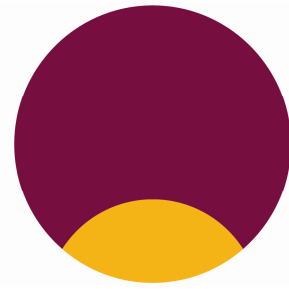


Supported by



**For information please contact Amanda Wright at Community First on:
T: 01684 312754
or contact Donna Davis on: 07954 414 223
www.gowellbeing.co.uk**

Two Pennies money advice



**Who taught you how to manage your money?
For most of us it's been a journey of trial and error.**

It's unclear why we assume that we can automatically cope with this essential yet basic life skill without any help, but that's the way it is for most of us. More than that, we don't like to be told what to do with our money. This is a very challenging time of year for all of us so Wellness Works would like to invite you to get 2012 off to a good start.

Sorting Out Money Worries

26th January

9.30am – 12.30pm

Bishops Frome Village Centre

Bishops Frome

WR6 5AS

By coming on this FREE workshop, you will be more in control of your money.

The morning is an easy introduction to money management:

It is light yet not frivolous

It doesn't demand any prior skills in maths or finance

Learn tips to stay in control and make your money work better

Develop good money habits to help prevent more challenging financial difficulties later

To book a place please contact Andrea Cooper on 01684 312754

andreac@comfirst.org.uk

Many people use the excuse that their situation 'really isn't all *that* bad', and defer seeking help or advice. By the time it is *that* bad, the easy ways out of the situation are no longer available. *Now* is the best time to take positive steps to get clued up and to take control.

Come and join us for a morning that we guarantee will be well spent!

* Two Pennies Money Advice is a working name of Worcester CASH. Two Pennies Money Advice/Worcester CASH exists to provide practical help and advice for people in Worcestershire who have money difficulties or are in debt, especially the most disadvantaged and excluded, empowering them to improve their situation.



Supported by



Looking After Well-being

with Veena Allison Employment Law Consultant

Wednesday 18th January

9.30am – 1.00pm

Chamber of Commerce

Severn House, Prescott Drive,

Warndon Business Park,

Worcester WR4 9NE

Mental health issues are the single biggest cause of long term absence according to the Pfizer CBI Workplace Health Survey 2011.

According to Mental Health Research UK, 91 million working days are lost due to mental ill health.

Early intervention by employers, good communication and well-managed return to work can help people to recover more quickly and save your business from excessive disruption, time money.

This FREE workshop has been specially designed to give managers:

A greater understanding of how to manage sickness due to mental health issues more effectively

Knowledge of how to reduce the risks associated with poor health and sickness

An increased awareness of the rights and responsibilities of business' and employees under employment law

Resources to help them manage mental health and sickness absence in the workplace

To book contact: Amanda Wright amandaw@comfirst.org.uk



This free event is supported by Big Lottery Awards for All funding

